

SPRING 2024 LIFEGUARD CLASSES

LIFEGUARD CERTIFICATION

- Must be 15 years of age
- Must be able to swim 50 yards continuously, tread for 2 minutes without the use of their arms, and proceed with an additional 150 yard continuous swim. Swim will be performed using front crawl and breast stroke techniques
- Must be able to surface dive 7-10 feet to retrieve a 10 lb. weight, return to surface and swim an additional 20 yards while carrying weight on chest

Price
\$350

FULL CERTIFICATION COURSES

March

[03/25 - 03/28]

25; 4:30pm - 8:30pm

26; 4:30pm - 8:30pm

27; 4:30pm - 8:30pm

28; 4:30pm - 8:30pm

April

[04/17 - 04/20]

17; 4:30pm - 8:30pm

18; 4:30pm - 8:30pm

19; 4:30pm - 8:30pm

20; 8:00am - 5:00pm

May

[05/29 - 06/01]

29; 4:30pm - 8:30pm

30; 4:30pm - 8:30pm

31; 4:30pm - 8:30pm

01; 8:00am - 5:00pm



GREENSBORO AQUATIC CENTER